

HUMAN MUSCLES

OBJECTIVE:

5. Identify the major muscles in the human body. (pp. 185 – 206)
1. Color the following muscles on the diagrams below.

☐ Frontalis (A)

☐ Orbicularis oculi (B)

☐ Orbicularis oris (C)

☐ Platysma (D)

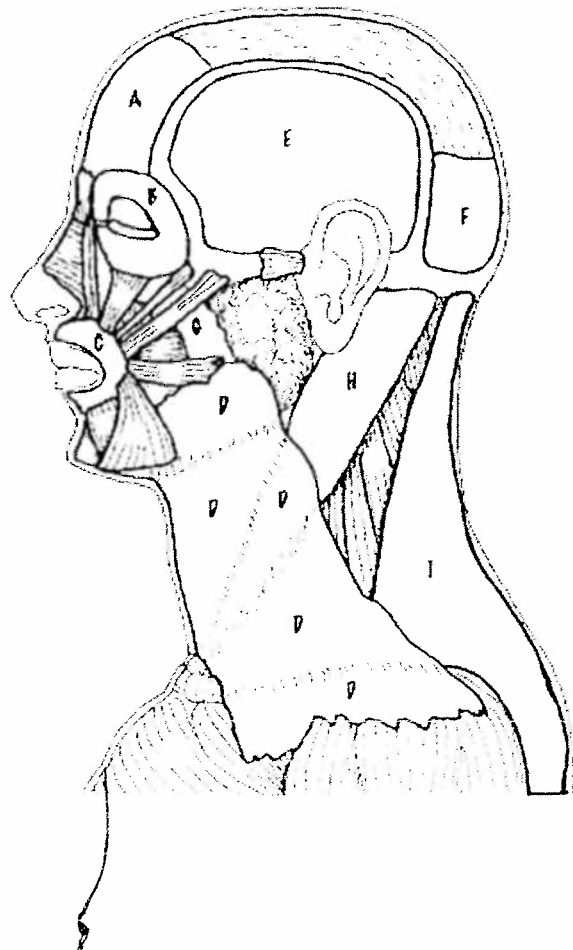
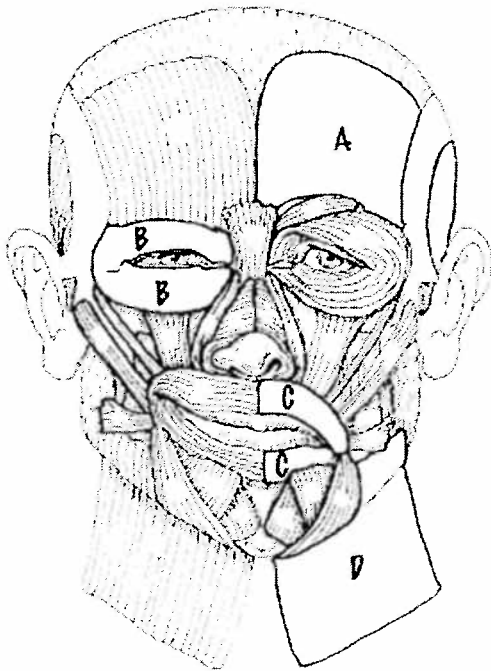
☐ Temporalis (E)

☐ Occipitalis (F)

☐ Masseter (G)

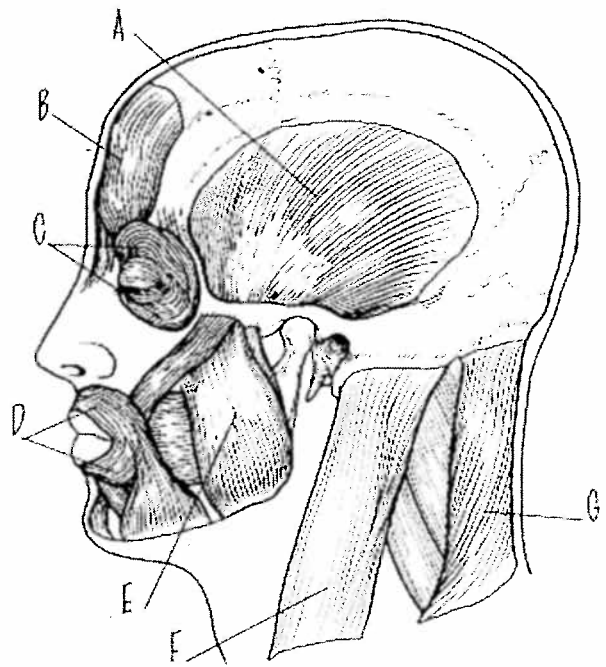
☐ Sternocleidomastoid (H)

☐ Trapezius (I)



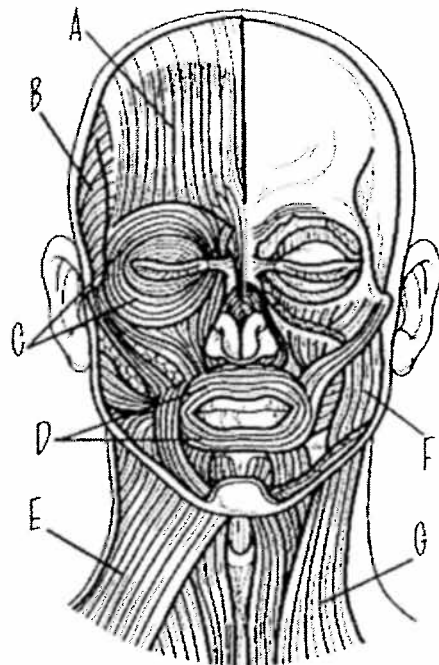
2. Match the muscle with the correct letter from the diagram.

_____ Frontalis
 _____ Masseter
 _____ Orbicularis oculi
 _____ Orbicularis oris
 _____ Sternocleidomastoid
 _____ Temporalis
 _____ Trapezius



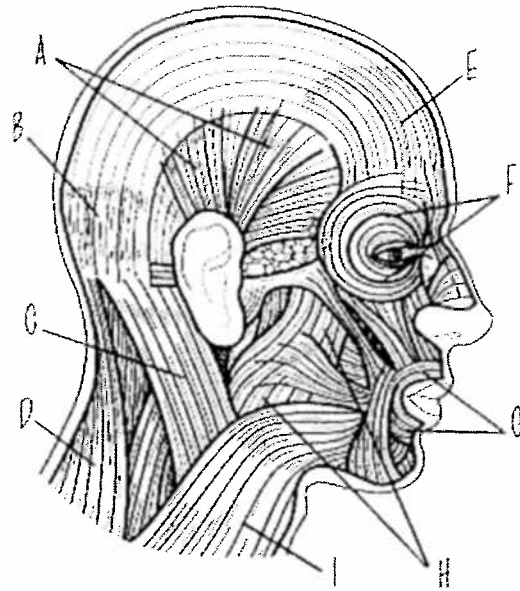
3. Match the muscle with the correct letter from the diagram.

_____ Frontalis
 _____ Masseter
 _____ Orbicularis oculi
 _____ Orbicularis oris
 _____ Platysma
 _____ Sternocleidomastoid
 _____ Temporalis



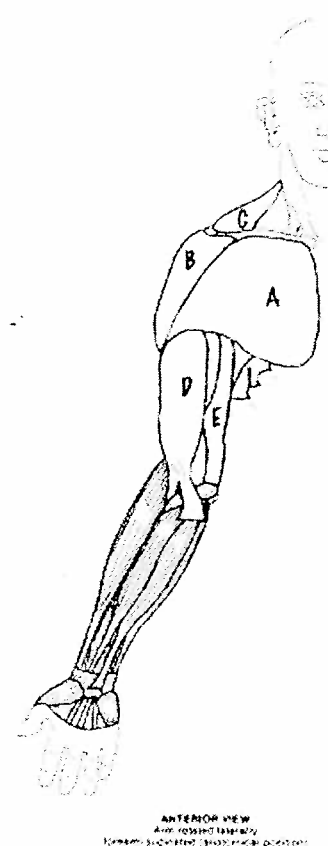
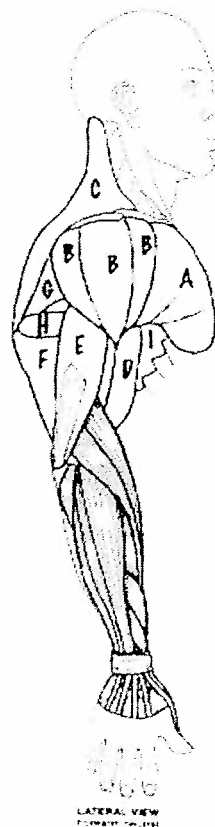
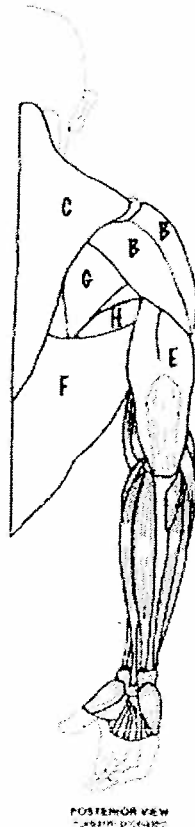
4. Match the muscle with the correct letter from the diagram below.

- _____ Frontalis
- _____ Masseter
- _____ Occipitalis
- _____ Orbicularis oculi
- _____ Orbicularis oris
- _____ Platysma
- _____ Sternocleidomastoid
- _____ Temporalis
- _____ Trapezius



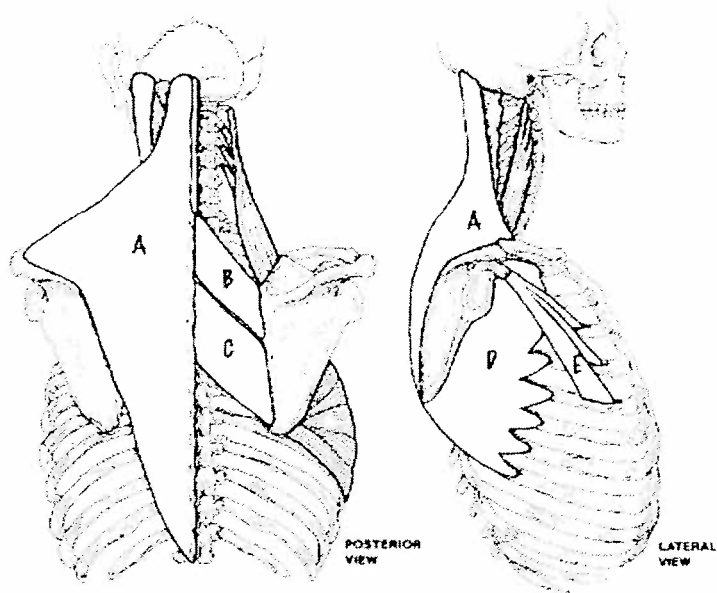
5. Color the following muscles on the diagram below.

- ☐ Pectoralis major (A)
- ☐ Deltoid (B)
- ☐ Trapezius (C)
- ☐ Biceps brachii (D)
- ☐ Triceps brachii (E)
- ☐ Latissimus dorsi (F)
- ☐ Infraspinatus (G)
- ☐ Teres major (H)
- ☐ Serratus anterior (I)



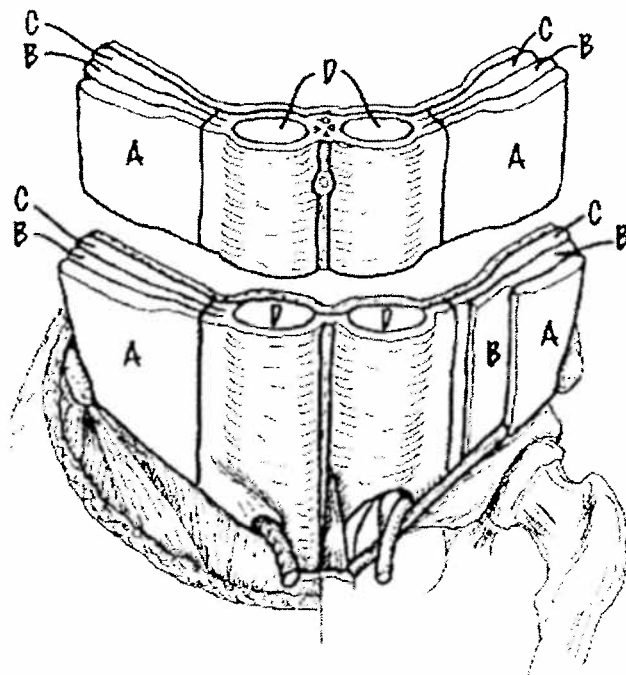
6. Color the following muscles on the diagram below.

- ☐ Trapezius (A)
- ☐ Rhomboid minor (B)
- ☐ Rhomboid major (C)
- ☐ Serratus anterior (D)
- ☐ Pectoralis minor (E)



7. Color the following muscles on the diagram below.

- ☐ External oblique (A)
- ☐ Internal oblique (B)
- ☐ Transverse abdominis (C)
- ☐ Rectus abdominis (D)



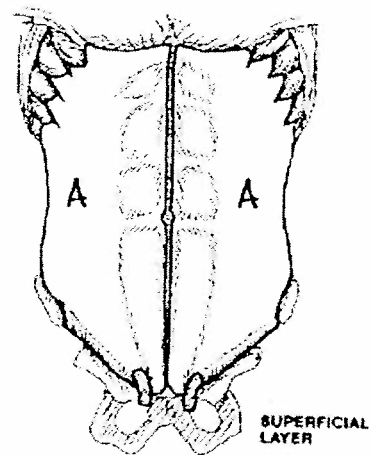
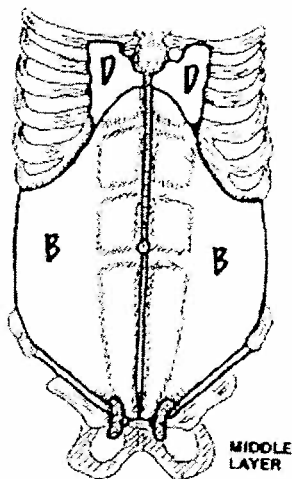
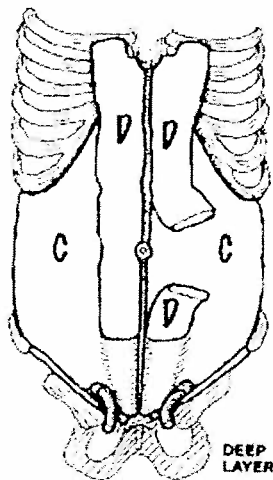
8. Color the following muscles on the diagram below.

☐ External oblique (A)

☐ Internal oblique (B)

☐ Transverse abdominis (C)

☐ Rectus abdominis (D)



9. Match the muscle with the correct letter from the diagram.

_____ Deltoid

_____ External oblique

_____ Latissimus dorsi

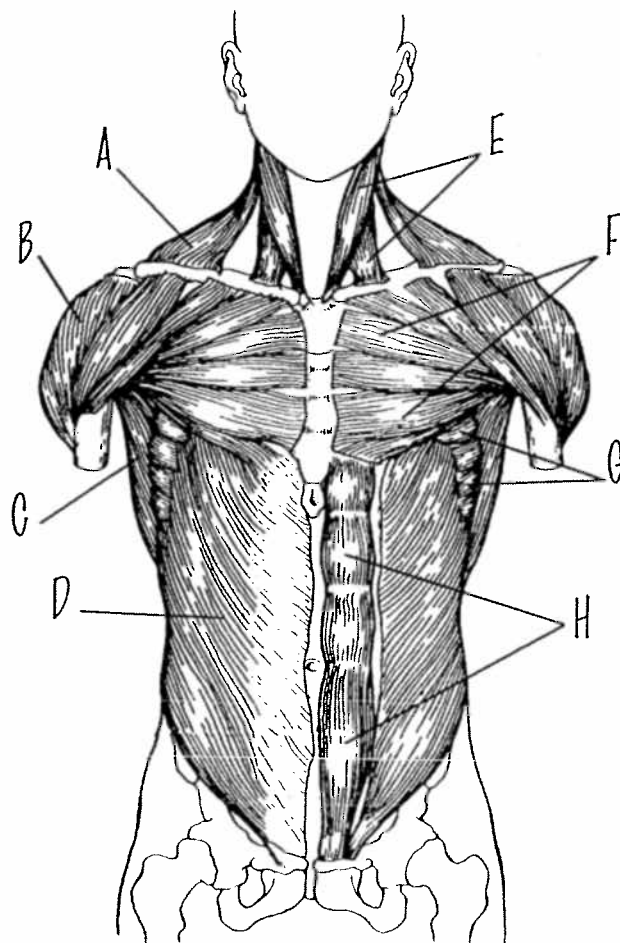
_____ Pectoralis major

_____ Rectus abdominis

_____ Serratus anterior

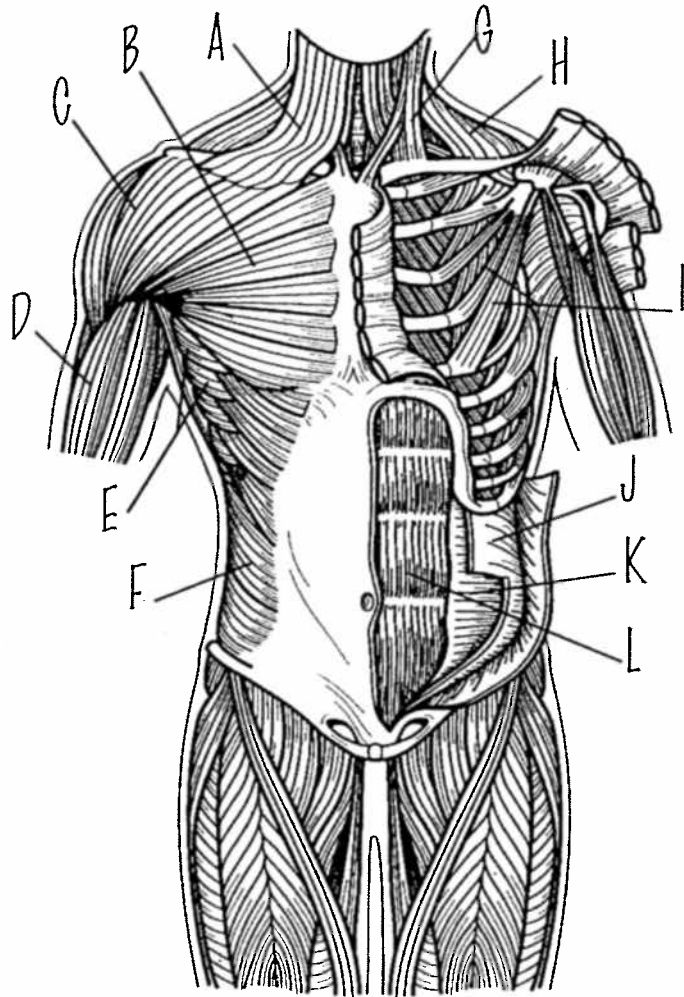
_____ Sternocleidomastoid

_____ Trapezius



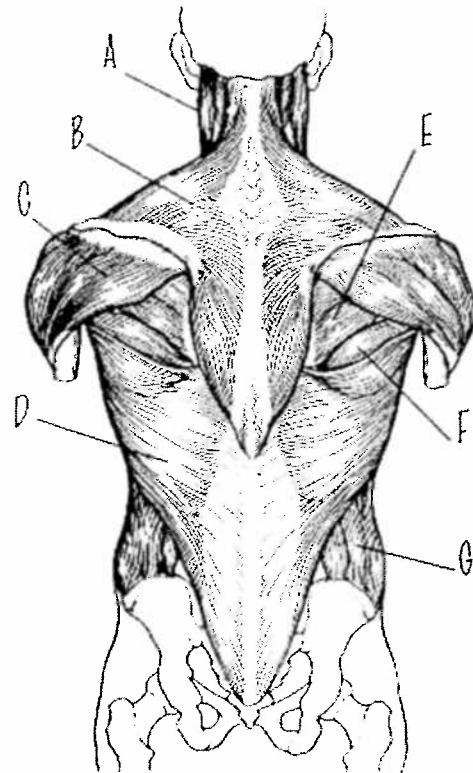
10. Match the muscle with the correct letter from the diagram. NOTE: The muscles on the right (the body's right, not yours) are superficial and the muscles on the left are deep.

- _____ Biceps brachii
- _____ Deltoid
- _____ External oblique
- _____ Internal oblique
- _____ Pectoralis major
- _____ Pectoralis minor
- _____ Platysma
- _____ Rectus abdominis
- _____ Serratus anterior
- _____ Sternocleidomastoid
- _____ Transverse abdominis
- _____ Trapezius



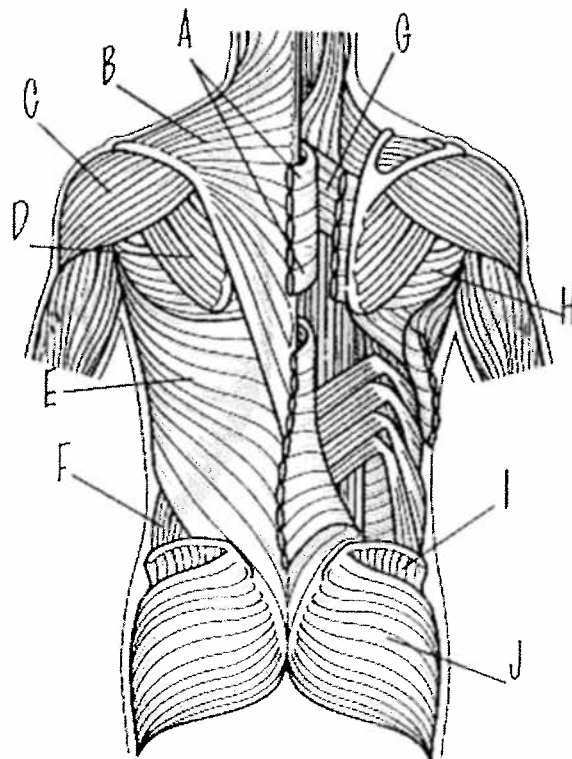
11. Match the muscle with the correct letter from the diagram.

_____ Deltoid
 _____ External Oblique
 _____ Infraspinatus
 _____ Latissimus dorsi
 _____ Sternocleidomastoid
 _____ Teres major
 _____ Trapezius



12. Match the muscle with the correct letter from the diagram. NOTE: The muscles on the right (the body's right, not yours) are superficial and the muscles on the left are deep.

_____ Deltoid
 _____ External oblique
 _____ Gluteus maximus
 _____ Gluteus medius
 _____ Infraspinatus
 _____ Latissimus dorsi
 _____ Rhomboid major
 _____ Rhomboid minor
 _____ Teres major
 _____ Trapezius

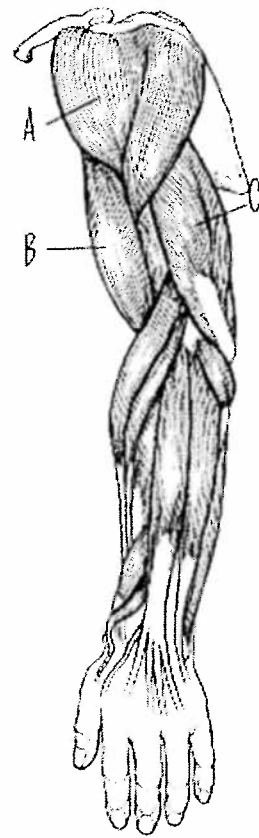


13. Match the muscle with the correct letter from the diagram.

_____ Biceps brachii

_____ Deltoid

_____ Triceps brachii

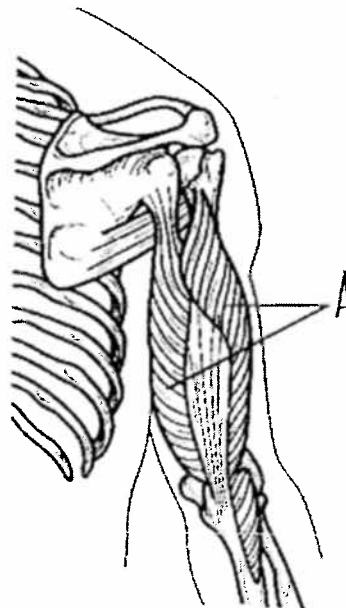
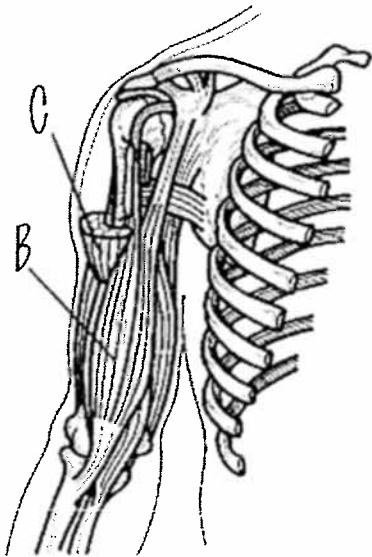


14. Match the muscle with the correct letter from the diagrams below.

_____ Biceps brachii

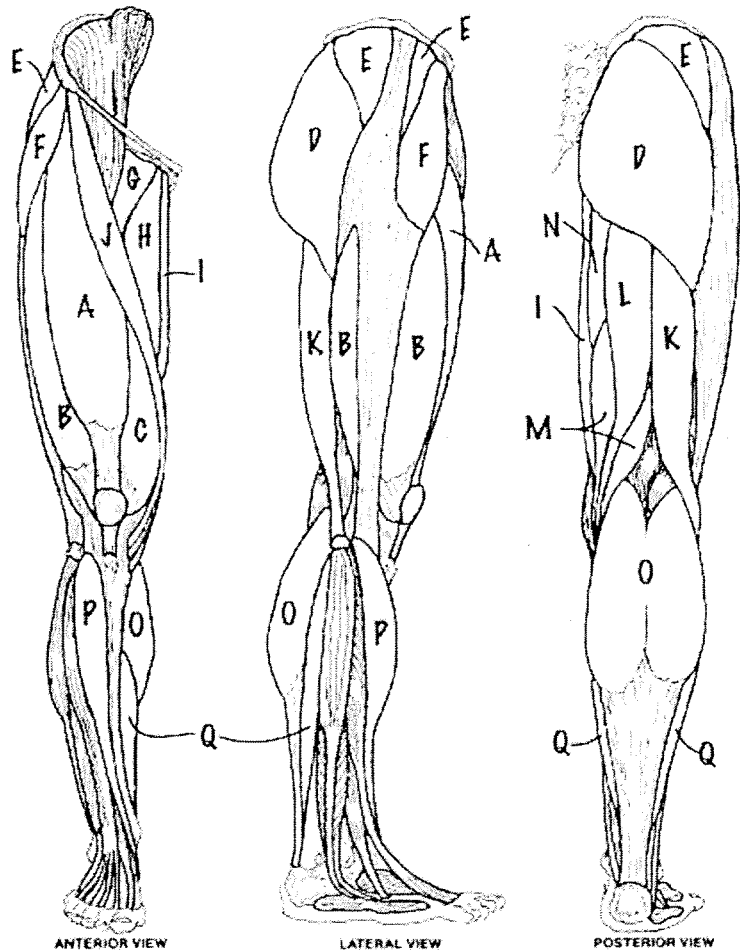
_____ Deltoid

_____ Triceps brachii



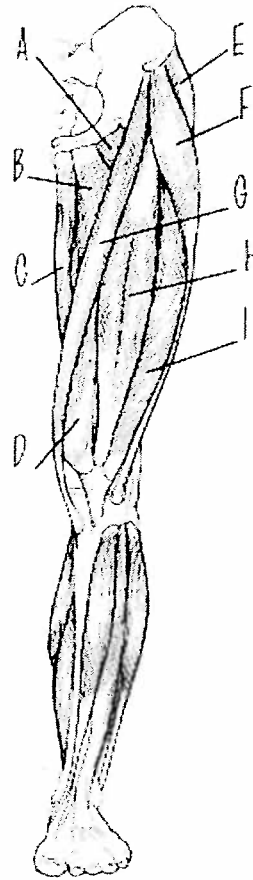
15. Color the following muscles on the diagram below.

- ☐ Rectus femoris (A)
- ☐ Vastus lateralis (B)
- ☐ Vastus medialis (C)
- ☐ Gluteus maximus (D)
- ☐ Gluteus medius (E)
- ☐ Tensor fascia latae (F)
- ☐ Pectineus (G)
- ☐ Adductor longus (H)
- ☐ Gracilis (I)
- ☐ Sartorius (J)
- ☐ Biceps femoris (K)
- ☐ Semitendinosus (L)
- ☐ Semimembranosus (M)
- ☐ Adductor magnus (N)
- ☐ Gastrocnemius (O)
- ☐ Tibialis anterior (P)
- ☐ Soleus (Q)



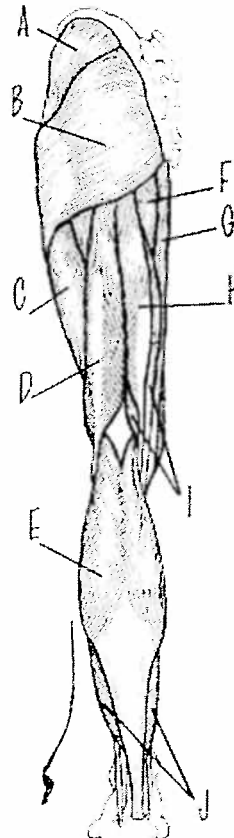
16. Match the muscle with the correct letter from the diagram.

_____ Adductor longus
 _____ Gluteus medius
 _____ Gracilis
 _____ Pectineus
 _____ Rectus femoris
 _____ Sartorius
 _____ Tensor fasciae latae
 _____ Vastus lateralis
 _____ Vastus medialis



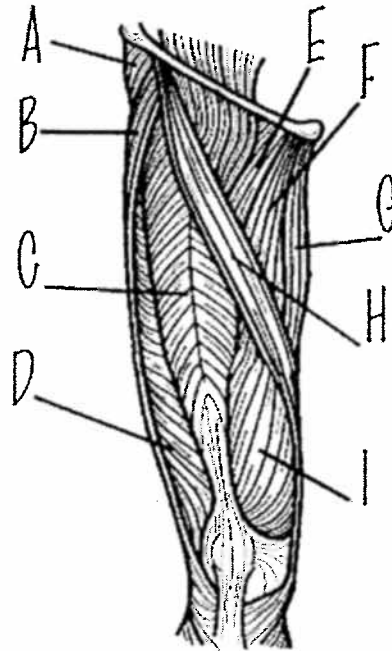
17. Match the muscle with the correct letter from the diagram.

_____ Adductor magnus
 _____ Biceps femoris
 _____ Gastrocnemius
 _____ Gluteus maximus
 _____ Gluteus medius
 _____ Gracilis
 _____ Semimembranosus
 _____ Semitendinosus
 _____ Soleus
 _____ Vastus lateralis



18. Match the muscle with the correct letter from the diagram.

_____ Adductor longus
 _____ Gluteus medius
 _____ Gracilis
 _____ Pectineus
 _____ Rectus femoris
 _____ Sartorius
 _____ Tensor fasciae latae
 _____ Vastus lateralis
 _____ Vastus medialis



19. Match the muscle with the correct letter from the diagram.

_____ Biceps femoris
 _____ Gastrocnemius
 _____ Gluteus maximus
 _____ Gluteus medius
 _____ Semimembranosus
 _____ Semitendinosus
 _____ Vastus lateralis

